

# SEABEE COURIER

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Naval Construction Battalion Center, Gulfport, Mississippi

August 11, 2016

## Revolutionary new emergency guide available at FFSC

By Brian Lamar  
NCBC Public Affairs

Fleet and Family Support Center staff members have been working to implement an effective way of educating the base population about how to stay safe and secure during emergencies.

Each year, a significant amount of effort is placed into getting Family Emergency Preparedness materials into the hands of our base population, said Jean Sammons, the Lead Emergency Case Manager for the FFSC.

"For years, we handed out multiple pamphlets and fliers. They would fill up a bag, and I am certain most of those bags ended up in the recycle bin; it was just a big mess," said Sammons.

To assure families have the information needed to be ready for just about any incident or event and lessen the waste, FFSC staff took existing materials and weaved them into an organized, easy-to-find textbook-style publication, with an emphasis on the unique hazards Mississippi Gulf Coast.

The current guide is broken up into five parts; readiness, Navy Family Accountability and Assessment System (NFAAS) documents, emergency phone numbers, maps and additional resources.

"This publication is really innovative. It's a one-stop shop concept. Once we started giving them out, something great happened. People came back for more for their coworkers and that is something that has never happened before," said



**Jean Sammons, the Lead Emergency Case Manager for the Fleet and Family Support Center, prepares one of the many Mississippi Gulf Coast Emergency Guides Aug. 9. The guides can be picked up at the FFSC office. (U.S. Navy photo by Brian Lamar/Released)**

Barbara Jones, FFSC director.

As the staff continue to be in full production mode this month, next year's books are sched-

uled to be printed off base by a contractor to re-

**Emergency Guides Continued on Pg. 04**

## NMCB 14 supports readiness training in Maine

Courtesy NMCB 14 Public Affairs

Naval Mobile Construction Battalion (NMCB 14), with assistance from 7th Naval Construction Regi-

ment and Naval Construction Group 2, staffed and deployed five detachment rotations in support of a joint, innovative readiness training (IRT) project to construct a dining

facility at Camp William Hinds Boy Scout Camp in Raymond, Maine.

The project started in June and is scheduled to run through August. In addition to NMCB 14, the Air Force's 141st and 155th Prime Beef Civil Engineer Squadrons provided the multi-disciplined construction support.

The IRT program focuses on real world experiences in military training. The project benefits the Boy Scouts by building a dining hall at their camp site. This addition to the camp was necessary in order for the camp to host scouts from across the United

States.

The IRT program hosted its Distinguished Visitors Day July 26 and was visited by Maine's governor, Paul LePage who, was the guest of honor.

Boy Scout executive Eric Tarbox noted that the dining hall would not have been possible without the military's help. The materials were donated through local building suppliers and donations.

"We would never have been able to afford the labor, the materials and the experience that the military brings to the table," Tarbox said. "We're not only helping them train, but we're also enabling a facility that we'd never be able to build ourselves."



**NMCB 14 Detachment Rotation 5 Seabees pose in front of an IRT Dining Facility Project at Camp Hinds July 26. (U.S. Air Force photo Courtesy of David Wilhite)**



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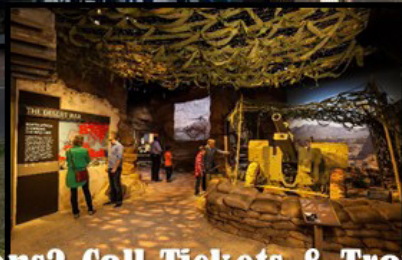
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# Back in Time: Seabee History

## August 8

1942: 17th Naval Construction Battalion (NCB) commissioned at Camp Allen, Norfolk, Virginia.

1945: 7th Special NCB inactivated at Advance Base Depot (ABD), Port Hueneme, California.

1949: The 1st Naval Mobile Construction Battalion — NMCB 1 — was activated for use in advance base construction and participation in special task force projects.

1951: The U.S. Navy Bureau of Yards and Docks (BuDocks) Supply Depot, Davisville, Rhode Island, was disestablished. In its place, BuDocks established U.S. Navy Advance Base Depot, U.S. Navy Construction Battalion Center (CBC), U.S. Navy Advanced Base Tactical Training Center, U.S. Navy Advanced Base Supply Depot, and U.S. Navy Construction Equipment Depot, Davisville, Rhode Island.

1952: Establishment ceremony held for NMCB 9 at CBC, Port Hueneme, California.

## August 9

1946: 20th Naval Construction Regiment (NCR) inactivated.

1967: NMCB 1 vehicle hit by claymore-type mine on Route 1. One man was killed in action, and five men were wounded.

2002: First Naval Construction Division (1NCD) commissioned at Naval Air Base (NAB), Little Creek, Virginia, under command of Rear Adm. Charles Kubic. The Division made the Atlantic and Pacific Naval Construction Forces a unified Seabee command for worldwide operations.

2002: Capt. Gary Engle was selected as the first chief of staff of the newly established 1NCD, which was commissioned to lead the Naval Construction Force (NCF) globally.

## August 10

1943: ACORN 11 arrived at Noumea. Used during World War II, an ACORN was a tailored unit designed to carry out the rapid construction and subsequent operation of a landplane and seaplane advance base. Each ACORN had a construction battalion attached to it, as well as trained personnel to operate the control tower, field lighting, aerological unit, transportation,



**Seabees with Naval Mobile Construction Battalion (NMCB) 7's Delta Company poured cement for generator building walls for the Page communication facility in Phu Bai, Republic of Vietnam, May 25, 1966.** (Photo courtesy of U.S. Navy Seabee Museum)

medical, berthing and messing facilities. A Construction Battalion Maintenance Unit (CBMU) also accompanied each ACORN to maintain the base after the initial construction was completed and the construction battalion had been withdrawn. During the war, ACORNs were sent to such places at Guadalcanal, Espiritu Santo, Green Island, Rendova, Treasury Island and Majuro.

## August 11

1942: Naval Construction Training Center (NCTC), Davisville, Rhode Island, is commissioned. 18th NCB commissioned at Camp Allen, Norfolk, Virginia.

1944: 8th NCB commissioned.

1953: A devastating earthquake on the Greek Island of Cephalonia led to a display of Seabee-Marine teamwork. The commander of the 6th U.S. Fleet ordered 11 Marines and two Seabees from ACB 2 to form a landing party to assist the Greeks in emergency relief operations.

The two Seabees were George F. Dyer and Robert J. Gillie. With equipment brought ashore from their ships, the Seabees and Marines first cleared a road from the beach to the village so that Jeeps could bring out the injured. A heavy landslide which blocked the road completely had to be blasted before the Seabees' bulldozers could start clearing a passage.

1967: Seabee Team 0407 moved from Saigon to Can Tho, RVN.

1968: Seabee Team 0310 with 12 men arrived at Long Kuyen, RVN, while Seabee Team 0311 with 12 men arrived at Can Tho, RVN.

## August 12

1942: The 11th NCB was the first battalion to leave the Advance Base Depot, Port Hueneme, California, by ship. The battalion sailed on the SS Japara for Tutuila, Samoa.

1942: The 18th NCB arrived at NCTC Davisville, Rhode Island,

for advanced training. It was the first battalion to do so.

1943: 110th NCB commissioned at NCTC Camp Peary, Magruder, Virginia.

1944: 38th NCR commissioned.

1966: NMCB 133 commissioned, CBC, Gulfport, Mississippi.

## August 13

1943: 101st NCB commissioned at NCTC Camp Peary, Magruder, Virginia. 115th NCB formed at NCTC Camp Peary, Magruder, Virginia.

1968: Main body of NMCB 58 arrived at Davisville, Rhode Island, from Da Nang, RVN.

1968: Seabee Teams 0703 and 0704 arrived at Da Nang, RVN, and proceeded directly to Soc Trang City and Go Cong City, respectively.

1968: First two flights of the main body of NMCB 58 departed Camp Haskins North, RVN, for return to CBC, Davisville, Rhode Island.



# Sextortion and other scams: Base Legal says don't fall for it

By **Brian Lamar**  
NCBC Public Affairs

A Sailor heads back to his barracks room after a hard day on the job. He is tired, sweaty and doesn't feel like going out. Instead, he decides to sit back in his comfy chair with laptop fired up and tries to forego the bar scene and find some human-to-human interaction on social media.

As he is scrolling through his newsfeed on Facebook, a message request in Facebook messenger pops up. He accepts the request and a simple "Hello" pops up on his screen. He sees the profile picture and she is pretty. Cell numbers are exchanged and he is excited as the days go on and their conversations become more intimate and photos are exchanged. Suddenly, the calls stop coming without warning. Then after a few days and man claiming

to be the girl's father messages him and says that she is underage. The girl's father claims that he is going to have to take her to therapy for being preyed upon by a pervert and he had to cancel her cell phone as well. All of this comes at a hefty cost and unless the Sailor pays up, the dad is going to the authorities and his command.

"This is a typical scenario for what we call a sextortion scam that we have been seeing. The troop doesn't have to worry. There is no underage girl. In fact, there is no girl at all," said Lt. Frank Santa Maria, Legal Assistance Attorney, Navy JAGC.

The main scam that has our attention is a recent one that came out of South Carolina prisons and the other is coming out of the Philippines, said Santa Maria. The scam always works the same way. A young male servicemember goes on one of

the dating websites like plentyoffish.com. They meet an attractive young female there and it migrates from the dating application to the telephone. They begin sexting and sending photos back and forth. Then the scammers attempt to extort the servicemember.

It's very effective because the servicemember has the pictures on his phone and the servicemember becomes scared and impulsive, according to Santa Maria.

"Honestly, there are no child photos. The scammers randomly pull pictures from young looking women over the internet," said Santa Maria.

Scammers, who prey on the servicemember's fear of their career being ruined and jail time, are sometimes easy targets.

"The worst case I've become aware of is where a servicemember paid up to \$10,000 to the scammers.

Once they pay, each time the extortionists come back for more money," he said.

Don't pay them any money. Report it to NCIS immediately. For the many people that are being victimized, there are a lot of people that don't pay them. Scammers just move on to the next target. It is not as bad as you think, said Santa Maria.

Santa Maria also has advice to help prevent service members from getting into a troubling situation.

"If things seem too good to be true, they are. You are not that good looking and interesting to be warranting this type of unsolicited attention. Be skeptical of unsolicited online encounters," said Santa Maria.

**Editor's Note:** This article is part of a series highlighting some of the pitfalls service members fall into when dealing with unscrupulous people. Next up, dealing with slumlords.

## Seabee Memorial Chapel What's happening at the chapel?

### Sunday

9:15 a.m. - Sunday School  
10:30 a.m. - Protestant Service  
11 a.m. - Children's Church

### Wednesday

11:30 a.m. - Praise Break (20 minutes of praise and worship through music)  
11:30 a.m. - Men's Bible Study  
Noon - 1 p.m. - Protestant Women of the Chapel Bible Study



### Sunday

9 a.m. - Mass  
10 a.m. - CCD Class

### Monday, Tuesday & Friday

11:15 a.m. - Mass

### Thursday

5 p.m. - Holy Hour  
6 p.m. - Mass  
6:30 p.m. - Fellowship

Please visit the Seabee Memorial Chapel Facebook page for updates on chapel events at: <https://www.facebook.com/ncbcchapel>. We may be reached by email at [gulfportchapel.fct@navy.mil](mailto:gulfportchapel.fct@navy.mil) or by phone at 228-871-2454.

**NCBC Command Chaplain (Lt. Cmdr.) Ammie Davis**

August 11, 2016

## Catch the Olympic action at The Hive



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### Emergency Guides continued from Pg. 1

duce time spent by staff, which will cut back on costs of resources at the Center, said Sammons.

Currently, anyone who has access to base services is welcome to stop by the FFSC building and pick up a Emergency Preparedness Guide, along with a copy of the Guidelines Series "Are You Ready" booklet. Together, they offer information needed to assure that families are ready for any emergency situation.

So far, the guides have been provided to family members and service members from Stennis to Pascagoula, through FRG Meetings and Command Family Day events. Jones said FFSC staff memers also put the word out via Facebook and we had people stopping by FFSC to pick them up.

"I think these guides are so popular because it is very convenient and takes an all-hazards approach to emergency planning," said Jones.

Another benefit is that the books can be easily personalized to fit the needs for any command. For example, families are often not familiar on how, or who, to call if asked to muster; this guide can be adapted to fit command-specific info, making it a valuable tool for families, especially those new to the area.

As a testament to the book's usefulness, Sammons has been asked to brief the South East Region Emergency Preparedness Partnership Consortium this September in New Orleans.

Seabee Courier

# 'The Meat & Potatoes of Life'

By Lisa Smith Molinari  
Special Contributor

## Piped ashore, but still rocking

At 7:55 a.m. Monday, the base loudspeakers blared the five-minute warning, alerting us to the upcoming daily broadcast of our National Anthem. I cracked an eyelid, squinting at the bright sun blasting persistently through our closed blinds. With a mop of tangled hair stuck to one side of my forehead, I heaved my torso reluctantly upward and let one foot fall to the floor.

"Why am I so tired?" I thought. And then, it dawned on me, "Oh, yeah ... Francis retired from the Navy over the weekend."

I made my way to the kitchen for fresh-brewed sustenance, noting the evidence of the weekend events along the way: my husband's formal white uniform hanging from a knob on his dresser, relatives sleeping in kids' beds, kids sleeping on the floor, flowers, cards, and gifts. Opening the fridge in search of cream, I found it still packed with leftover food from all the parties over the last couple of days.

I slumped at our kitchen table, inhaled the steam from my cup, and tried to remem-

ber it all.

Relatives and friends arrived on Thursday, enough to occupy a 40-room block at the base hotel. On Friday, we buzzed like bees. Did Hayden shave? Is Lilly's skirt too short? Did Grams take her insulin?

Does Father Joe need a ride to the reception? Does Uncle Frank know where to park? Will the rain stop before the tent party? Where in the heck are my Spanx?

Miraculously, everyone arrived to Spruance Hall on time. After speeches, awards, and a tear-jerking flag ceremony, Francis took the podium, drawing laughs when he said that his square-jawed boss, Admiral P. Gardner Howe, had to contemplate some of the most significant leadership and ethics issues facing the Navy, but was never able to solve the unanswerable riddle, "With such a chiseled physique, why didn't Francis ever become a



SEAL like me?"

At the end of his remarks, I thought I heard Francis' voice crack as he said, "...and so, in just a few moments, as I figuratively load Lisa and the kids into the jolly boat and make way to the near shore, we will look back at this

magnificent vessel that is the United States Navy, the finest in our world's history, and forever hold our heads high with pride, honored and humbled by the fact that were allowed to be part of its crew for nearly three decades."

My damp eyes turned into a full-on ugly cry face, as the poetic words of The Watch were recited. "For twenty-eight years, this Sailor has stood the watch ... Today, we are here to say ... 'Shipmate, you stand relieved.' We have the Watch."

Before I could find a tissue in my purse, Father Joe gave the Benediction, the Orders

were read, and, to the tune of the bosun's whistle, Francis, the kids and I where whisked over the red carpet flanked by saluting sideboys — a ritual symbolizing being "piped ashore" for the last time.

Minutes later, we were caught in a whirlwind of guests, chatter, drinks and food that started at our reception, and continued on to a tent party for over 150 out-of-town guests, where we danced like fools until the wee hours. Running on less than four hours of sleep, we threw an afternoon tailgate party at a local polo match on Saturday, and everyone came back to our house for pizza until after midnight.

Somehow, by the grace of God and a sugar-free Red Bull, I made it to the 9 a.m. mass Father Joe organized for everyone in our yard on Sunday morning, where we gathered one last time. At the end of his homily, Father Joe asked our backyard congregation of lingering family and friends the question posed by poet Mary Oliver, "What is it you plan to do with your wild and precious life?"

As I sipped my coffee on Monday morning, I realized that we have no idea what is in store for us next. After 28 years in the Navy, it's hard to contemplate civilian life.

Like all things, it will take time. And meanwhile, we will find comfort in the "mal de débarquement" — the feeling that we are still on board the ship, swaying, rocking, sailing toward the endless horizon.

*A 21-year Navy spouse, Lisa and her family are currently stationed in Newport, R.I. Her self-syndicated columns appear on her blog, [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com), and she recently co-authored *Stories Around the Table: Laughter, Wisdom, and Strength in Military Life*. Follow Lisa @MolinariWrites."*





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**Tues - Water Aerobics**  
10:15a; Circuit Training  
12:15p;  
NOFFS 4p; Yoga 4:15p;  
Water Aerobics 5:30p  
Wed - Yoga 9a; H2O  
Express 10:30a;  
Zumba 10:15a & 5:15p  
**Thurs - Water Aerobics**  
10:15a; Circuit Training  
12:15p;  
NOFFS 4p; Yoga 4:15p;  
Water Aerobics 5:30p  
Fri - Yoga 9 a; Zumba  
10:15a  
**Sat - Zumba 10:15a;  
Water Aerobics 10:15a**

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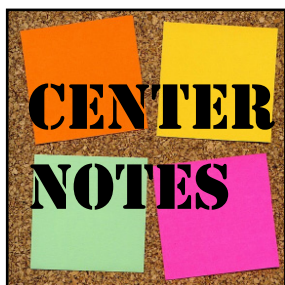
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#### SUPPORT

**NMCB 11 Family Readiness Group (FRG)** invites friends and family members to attend FRG meetings the second Monday of every month at the Youth Activities Center, building 335. Meetings are from 6 - 8 p.m. Children are welcome and baby sitting is provided during deployment.

**NMCB 11 FRG** invites friends and family members to attend FRG meetings the last Monday of every month at 6 p.m. The meetings are held at the Youth Activities Center on board NCBC Gulfport. Children are always welcome and child care is provided at no cost. Please join us for fun, food, and to meet and socialize with other NMCB 11 families and friends. For more information, please contact us at nmcb11frg@gmail.com or like us on our Facebook page, NMCB 11 FRG.

**NMCB 133 FRG** invites all friends and family members to attend FRG meetings the first Monday of the month at 6 p.m. at the Youth Activities Center. Children are welcome and baby sitting is provided. Please bring a dish to share. For more information, contact FRG President Jaime Royal at 317-730-4064 or email NMCB133fsg@gmail.com. Log on to the FRG site, <http://www.wix.com/NMCB133FSG/133frg>.

**FOCUS - Families Overcoming Under Stress** provides resiliency training to service members and their families by teaching practical skills to help meet the challenges of military life, including how to communicate and solve problems effectively and to successfully set goals together. Confidential and free with family-friendly hours, contact FOCUS today! Call 228- 822-5736 or email [Gulfport@focus-project.org](mailto:Gulfport@focus-project.org)

**Gulfport Officer's Spouse Club** is a social organization that has fun while helping our community. We meet monthly and have special interest groups for almost everyone! For more information, email [goscgulfport@gmail.com](mailto:goscgulfport@gmail.com) or Facebook <https://www.facebook.com/gosc.gulfport>. We hope to see you soon!

**Navy Wives Clubs of America, Inc.**, is interested in reestablishing a club in the local area. If you are interested in joining an organization that

promotes the health and welfare of any enlisted member of the Navy, Marine Corps or Coast Guard, please contact Darlene Carpenter at 228-342-2271 or Tina O'Shields at 228-357-0513. Visit [www.navywivesclubsof-america.org](http://www.navywivesclubsof-america.org) for more information on NWCA.

**NMCRS** - The Navy-Marine Corps Relief Society Thrift Shop is located in building 29 on Snead Street. The Thrift Shop is staffed entirely by volunteers, and child care and mileage are reimbursed. Retail hours of operation are Tuesday and Friday, 9 a.m. - 1 p.m. Volunteers are always welcome. Visit the NMCRS offices at the Fleet and Family Support Center, building 30, suite 103 or call 228-871-2610 to find out how to become a part of the NMCRS volunteer team!

**Gamblers Anonymous** - The Fleet and Family Support Center offers GA meetings every Thursday at 11 a.m. GA is a fellowship of people who share their experience, strength and hope with each other. All meetings are confidential and facilitated by GA. Come to a meeting or call Jim Soriano at 228-871-3000.

#### TRAINING

**Naval Sea Cadets** - The Gulfport branch of the Naval Sea Cadets are recruiting youth ages 11 to 17 for Sea Cadets, a nation-wide organization that helps youth achieve personal success through nautical training. Meetings are the third Saturday of the month from 8 a.m. until 3 p.m., building 1, second-floor conference room. Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

#### SOCIAL

**Miss. Gulf Coast First Class Association** is always looking for new members. Meetings are every Wednesday at 2:30 p.m. in the Fitness Center classroom. For more information, contact Association president, CE1 Daniel Shaver, 228-871-2145.

**NCBC Multi-Cultural Diversity Committee** is seeking members. Meetings are held weekly on Wednesdays at noon at the ECS, building 122 in the second floor conference room. Contact MCDC President, PS2 Handley at [natashia.handley@navy.mil](mailto:natashia.handley@navy.mil) or Vice President, BUCN Miller at [tariqah.miller@navy.mil](mailto:tariqah.miller@navy.mil) for info.

**VFW Post 3937 Long Beach** - Open Monday - Thursday, noon - 8 p.m., Friday, noon to 10 p.m., Saturday, 7 a.m. - 10 p.m. and Sunday, noon to 7 p.m. Steak Night is every Friday, 5 - 8 p.m., and

breakfast is available every Saturday, 7 - 10 a.m. VFW meetings are held the second Wednesday of the month at 7 p.m. New members are always welcome. Contact Post 3937 at 228-863-8602 for details.

**Ladies Auxiliary to the VFW 3937 Long Beach now VFW Auxiliary** - Ladies Auxiliary to Veterans of Foreign Wars 3937 Long Beach, Miss., now invites men to join. The Auxiliary is now the **VFW Auxiliary**. Our organization supports veterans, their families and current service members. We help in Veterans Affairs Hospitals, have voices in Legislation, help promote patriotism in our youth, offer scholarships to youth, teachers, and members. Members must be directly related to a veteran who has served in a foreign war. Meetings are the second Monday of each month at 7 p.m. at 213 Klondyke Road, Long Beach, Mississippi. Contact Carol Fetter, President at 228-832-4893 or email [cfetters@cablone.net](mailto:cfetters@cablone.net) for more information.

**VFW Post 4526 Orange Grove** is open daily from Noon to 10 p.m. and located at 15206 Dedeaux Road, Orange Grove. Meetings are the second Saturday of the month at 1 p.m. All are welcome and encouraged to attend. Call 228-832-0017 for information.

**NMCB 62 Alumni Group** - Naval Mobile Construction Battalion (NMCB) 62 was recommissioned in Gulfport in 1966 and decommissioned in 1989. To become a member or for links to historical sites, visit: <http://nmcb62alumni.org>.

**Disabled American Veterans (DAV), Chapter 5** invites veterans and future veterans to monthly meetings held the third Monday of each month at 7 p.m. Call service officer, Silva Royer at 228-324-1888 to find out more information.

**Navy Seabee Veterans of America (NSVA) Island X-1** - Gulfport is always happy to welcome new members. You do not have to be retired to be a member. If interested, please join us on the second Thursday of each month at 6 p.m. at the Disabled American Veterans (DAV) Chapter 5 building, 2600 23rd Ave., Gulfport, for the monthly Island X-1 business meeting and see what we're all about. For more information, visit [www.nsva.org](http://www.nsva.org).

#### HERITAGE

**The Seabee Gift Store** is located in the Seabee Heritage Center Training Hall, building 446. Hours are Monday - Friday, 10 a.m. to 4 p.m. The shop has a variety of Seabee related memorabilia, books and DVDs. Contact them at [www.seabeesmuseum-store.org](http://www.seabeesmuseum-store.org) or call the gift store at 228-871-4779. The gift store is closed weekends and federal holidays.

## NCBC Helping Hands

**MISSISSIPPI CITY CEMETERY** - Volunteers needed to spruce up the Mississippi City Cemetery located south of Pass Road and Washington Ave in Gulfport. Point of contact is Chuck McKinley, 228-326-4006 or email [cmckinley@cablone.net](mailto:cmckinley@cablone.net).

**HOME REPAIRS** - Volunteers are needed to help a disabled widow of a retired Seabee with some home repairs. If you would like to help out, please contact Ms. Savage at 228-206-3367.

**GULFPORT SCHOOLS NAVAL SEA CADET CORPS** - The Gulfport Battalion of Naval Sea Cadet Corps (NSCC) is looking for adult volunteers willing to help the area's youth succeed in life. NSCC is a non-profit, nautically-oriented, youth training and education organization, which is run by the Navy League with support from the U.S. Navy. Although a great plus, no prior military experience is required; all we need are adults who are passionate about mentoring America's youth.

Point of contact is Lt. Cmdr. Thomas O. Klomps, NSCC, at [Region63@juno.com](mailto:Region63@juno.com) or 850-890-6792.

**DISABILITY CONNECTION** - Disability Connection provides support to individuals with disabilities, including military veterans. Volunteers are needed to build ramps and provide home inspections for needed material lists. Call 228-604-4020 or email [office@disabilityconnection.org](mailto:office@disabilityconnection.org).

**NAVY-MARINE CORPS RELIEF SOCIETY** - The NMCRS Thrift Store is experiencing a severe shortage of volunteers. Call 228-871-2610 to volunteer.

**USO GULF COAST** - The USO Gulf Coast is seeking passionate volunteers to give their service at the USO Gulf Coast located on board NCBC Gulfport. Our lounge volunteers primarily serve as host, ensuring guests sign in, offer snacks and beverages, and sign out computers and gaming equipment. We do require that all volunteers go through mentor shadowing

training, which usually lasts two hours. Please visit [www.USOVolunteer.org](http://www.USOVolunteer.org) and register.

**ARMED FORCES RETIREMENT HOME** - Volunteers are needed to assist with a variety of activities at AFRH. Please contact volunteer coordinator at 228-897-4417 to find out more information.

**MAKING STRIDES AGAINST BREAST CANCER** - Volunteers needed for a 5K walk October 22 starting at the Biloxi Town Green. Registration starts at 7 a.m. and the walk begins at 8 a.m. For more information, call 228-217-4613.

**COAST SALVATION ARMY** - Volunteers are needed for various projects throughout the year. Point of contact is Shawna\_Tatge@uss.salvationarmy.org.

**HELP SENIORS/DISABLED CITIZENS** - Harrison County RSVP needs retired plumbers, electricians, carpenters, skilled and unskilled laborers to join a team of handymen/women. Point of contact is Mag Holland, 228-896-0412.



# PROTECT YOURSELF



## USE INSECT REPELLENT WHEN OUTSIDE

Insect repellent is safe for nursing and pregnant mothers, as well as their children. Look for repellents with 20-30% DEET or 20% Picaridin (also known as KBR 3023, Bayrepel or icaridin).

## WEAR PROTECTIVE CLOTHING

Protect yourself from mosquito bites by treating clothing with repellent containing Permethrin and wearing light-colored, long-sleeve shirts when outside.